

macaroni & cheese180

Number of Servings: 180 (150.49 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---------------------------------------|
| 5 2/3 | gal | Pasta, macaroni, semolina, elbow, dry |
| 6 1/2 | qt | Sour Cream, light |
| 2 1/4 | cup | Spice, onion, minced, dehyd |
| 9.00 | cup | Milk, 1%, w/add vit A & D |
| 4 1/2 | gal | Cheese, cheddar, low fat, shredded |
| 1 1/2 | Tbs | Salt, table, iodized |

Nutrients per serving

| Nutrition Facts | | | |
|--|-----------|----------------------|---------|
| Serving Size (150g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 330 | | Calories from Fat 70 | |
| | | % Daily Value* | |
| Total Fat 7g | | 11% | |
| Saturated Fat 4g | | 20% | |
| Trans Fat 0g | | | |
| Cholesterol 20mg | | 7% | |
| Sodium 370mg | | 15% | |
| Total Carbohydrate 45g | | 15% | |
| Dietary Fiber 2g | | 8% | |
| Sugars 5g | | | |
| Protein 21g | | | |
| Vitamin A 6% | | Vitamin C 0% | |
| Calcium 30% | | Iron 10% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Notes

Macaroni will double in volume when cooked.

If needed milk can be almost doubled. Mixture should be creamy when poured into steam table pans.

Potentially Hazardous Food: Food Safety Standard: Hold food for serving at 140 degrees or above.

Cook macaroni in unsalted boiling water until tender. Stir in other ingredients, pour into steam table pan(s) and bake, covered at 350 degrees for 20-25 minutes until 180 degrees and bubbly. Transfer to steam table and serve.

1 serving = 1 cup = 2 #8 scoops

1 cup = 45 grams Carbohydrate = 3 Carb Servings